

Trail mix

Trail mix or **scroggin** is a type of snack mix, typically a combination of granola, dried fruit, nuts, and sometimes candy, developed as a food to be taken along on hikes. Trail mix is considered an ideal snack food for hikes, because it is lightweight, easy to store, and nutritious, providing a quick energy boost from the carbohydrates in the dried fruit or granola, and sustained energy from fats in nuts.

The combination of nuts, raisins and chocolate as a trail snack dates at least to the 1910s, when outdoorsman Horace Kephart recommended it in his popular camping guide.^[1]

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Other names

In New Zealand, trail mix is known as "scroggin" or "schmogle".^[2] In Australia, the term "scroggin" is used exclusively, although in more recent years, "trail mix" has been imported into the jargon from the USA. Some claim that the name stands for sultanas, carob, raisins, orange peel, grains, glucose, and nuts or alternatively sultanas, chocolate, raisins and other goody-goodies including nuts; but this may be a backronym.^[3]

The American word *gorp*, a term for trail mix often used by hikers in North America, is typically said to be an acronym for "good ol' raisins and peanuts",^[4] although the mix may contain M&M's and other nuts. The *Oxford English Dictionary* cites a 1913 reference to the verb *gorp*, meaning "to eat greedily."

In Germany, Poland, Hungary, the Netherlands, Scandinavia, and several other European countries, trail mix is called "student fodder", "student oats", or "student mix" in the local languages and usually does not include chocolate. In Iran mixed nuts is called "ajil", eaten at festivals like Yaldā Night or just a social "mehmoon".^[5]

Ingredients

Trail mix



Trail mix made with peanuts, raisins and M&M's

Alternative names	Gorp, scroggin, schmogle,
Type	<u>Snack</u>
Place of origin	<u>United States</u>
Main ingredients	<u>Dried fruit</u> , <u>grains</u> , <u>nuts</u> , sometimes <u>chocolate</u>

 [Cookbook: Trail mix](#)

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Planters-brand trail mix

Common ingredients may include:

- Nuts, such as almonds or cashews
- Legumes, such as peanuts or baked soybeans.
- Dried fruits such as raisins, cranberries, apricots, apples, banana chips, sultanas or candied orange peel
- Chocolate: chocolate chips, chunks, and M&M's
- Breakfast cereals such as granola
- Rye chips
- Pretzels
- Seeds, such as pumpkin seeds or sunflower seeds
- Carob chips
- Shredded coconut
- Ginger (crystallized)



Studentenfutter (student fodder)

See also

- Snack mix
- Snacking

References

1. Kephart, Horace (1916). *The Book of Camping and Woodcraft*. p. 196.
2. Harper, Laura; Mudd, Tony; Whitfield, Paul (2002). *Rough guide to New Zealand* (<https://books.google.com/books?id=ailrweiMckQC&q=scroggin%2C%20trail%20mix&pg=PA1023>). Rough Guides. p. 1023. ISBN 1-85828-896-7 – via Google Books.
3. "World Wide Words: Gorp" (<http://www.worldwidewords.org/qa/qa-gor1.htm>). World Wide Words. Retrieved 2010-04-05.
4. Olver, Lynne. "The Food Timeline-history notes: muffins to yogurt" (<https://www.foodtimeline.org/foodfaq2.html#trailmix>). *The Food Timeline*. Retrieved 2010-01-31.
5. Nilipour, Leila (September 5, 2014). "How to Survive a Mehmooni Party in Iran" (https://www.vice.com/en_us/article/ypx8zj/how-to-survive-a-mehmooni-party-in-iran). *Vice Magazine*.

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